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On The Cover



Members of George Dennis' family, including his sons, have served their country for nearly 200 years.

Photo by Opaque Visuals.

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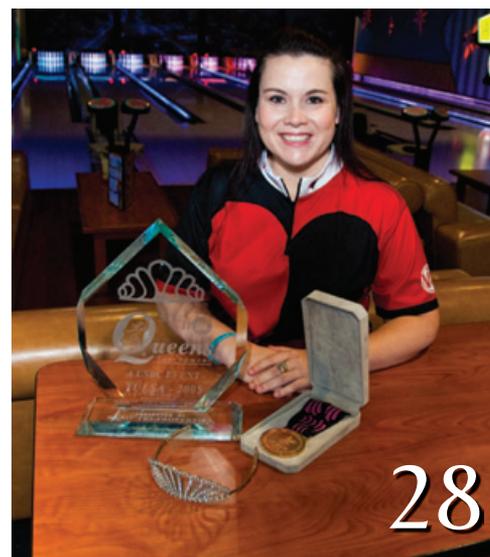


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Editor's Note

Dear Readers,

Where would we be without our mothers?

Of course, at the most basic level, we wouldn't be here! Moms come in all shapes and sizes. Some run corporations, and some run households. Many do a little bit of both! We celebrate mothers of all kinds on May 13. Happy Mother's Day to each and every mom out there!

For lots of us, Memorial Day is a day for barbecues and the beginning of summer. The smell of burgers cooking is great, but the real reason for the day isn't just an excuse for a long weekend. It's an opportunity to honor the ultimate sacrifices made by thousands of brave men and women on battlefields all over the world.

Thank you to the families who have lost loved ones. And thank you to those who have supported their soldiers, sailors, airmen and airwomen as they deploy all over the world.



Jeremy

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SERVING THROUGH THEIR *Sons*

— By Jeremy Agor

When George and Roberta Dennis go out wearing their hats, they are often stopped by passersby who inquire about the patches adorning them. The hats are a testament to the service to their country of their sons and son-in-law. They have a patch for each of their sons' deployments in the Middle East, and each patch has been worn by one of the men while he was deployed from Operation Desert Storm until the present.

"My ancestry traces back to the Pilgrims at Plymouth, and there are Dennises in every conflict this country has ever had, so my family history is one of service to this country forever, even before George Washington. All four of my great-grandfathers fought for the Confederacy, and my paternal great-grandfather's brothers fought for the North, so I had ancestors on both sides," George said. "Our sons and son-in-law (whom we count as our own) are all active duty, career soldiers, and all have had multiple deployments to the Middle East. We wear our hats to honor those boys."

The Dennises' oldest son, Geoffrey, was named for the author Geoffrey Chaucer, George's favorite writer. He is a sergeant major serving full-time on the brigade staff in the operations office of the Texas National Guard. His first deployment was with the 82nd Airborne Division in Operation Desert Storm.

Their son-in-law, Ray Nixon, is a sergeant first class, who has been deployed three times to Iraq. He served with the 1st Infantry

Division (commonly known as The Big Red One) as a medic, and is currently stationed at Fort Bliss, near El Paso.

Their youngest son, Matthew, is a major with the 2nd Infantry Division. He has been to Iraq three times and has also served in Afghanistan at the International Joint Command Center in Kabul. He earned a master's degree from the Army's School of Advanced Military Studies and is now a staff officer in an artillery battalion at Fort Lewis, Washington.

"At one time, Matthew and Ray were at adjacent bases in Iraq. They saw each other when they could and, since Matthew is an officer, Ray had to salute him. Ray always laughed about it and said, 'I salute, and then I hug him,'" Roberta chuckled.

Military service is not limited to the younger Dennises. George's father was an army private who drove mules in World





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War I. As he was growing up, soldiers were George's heroes. He often waved at convoys of soldiers as they passed his house, and when a soldier came home, George always made sure to listen to his stories.

George served in the Army in the late 1950s when the Cold War was "hot as the dickens." He came from a family of meager means, and it was hard for many young men to find work because the draft was in effect, and employers knew it was likely they would lose their young hires for two years. Therefore, George decided



to enlist to get his service out of the way. He spent three years in the Army, two of them in Germany, where he recalls seeing lines of American tanks on one side of the East German border facing lines of Russian tanks on the other side. He was



soberly reminded of the air raid drills that he had practiced at home could very well be necessary. George never fired his weapon, but army experience did get him started on a long career when he returned home.

"I trained to be a radar repairman, which started me on a professional career in electronics. I came home and got married, then went to college and became an electrical engineer. I am grateful to the Army for getting me started with my career," George said.

Roberta never served in the military, but her brothers were both Navy men. Her older brother was an aviation mechanic and never served outside the United States. Her younger brother left college after three years and was on a ship off the coast of Vietnam when their father fell ill, and their mother could not take care of him. She applied for a hardship discharge for her son through her Congressman, which was granted.

The Dennises are often asked about their sons, and how they deal with knowing that they could be hurt or killed. However, both say they do not worry much because they are confident that their sons' training, their ability to protect themselves and their leadership keep them as safe as possible.

"I don't like that they're gone, and I don't like that they're away from their families, but they've been deployed so often that they just do it. They might fuss about it, but they know the rules and they go," George said.

Roberta added, "We watch the news, and we keep maps on the wall so we know where they are. The only time I was

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really worried was about a year ago when an Afghan pilot shot several people at the International Command Center where Matthew was. I immediately sent him an e-mail, but I didn't hear from him that he was OK until several hours later. Once I heard from him, I was relieved, and I put him on a prayer chain. I have to live in faith that God will protect them."

While it is difficult for George and Roberta to see their sons deployed, they are most sympathetic for their sons' wives and their own daughter. Geoffrey's wife, Maranda, Ray's wife, Emily, and Matthew's wife, Gennie, each have endured multiple deployments and have had to raise children by themselves for large chunks of time.

"I really have a lot of sympathy for the girls. They're serving too. It's a family engagement, not just the husband," Roberta said.

Matthew will be starting his fifth tour in the fall, and he has only been married 10 years. He has missed the births of both of his children, Christmases,



birthdays and anniversaries. Ray was deployed three times in eight years, and Emily was alone in Germany during those times. Maranda also has struggled with the life of a military wife.

"Sometimes I'm jealous of women whose children are nearby because they can have family gatherings and get together often. Then I realize we have our own life, and it works for us," Roberta said.

"I read a lot about military history, and I'm fascinated by the skill, perseverance and quality of the American fighting man," George said proudly. "They're experts at whatever they do, whether they're a clerk or fighting out of a scrape or, like Ray, helping their fellow soldiers when they're hurt. All of them are good soldiers." **NOW**



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One Extraordinary Trip

— By Rick Hope



Many dream of traveling off to far-away countries. Some even dream of travelling and serving others at the same time. Few, however, get to realize that dream. But Becky Lewis, a 23-year-old intern at Mansfield Bible Church, will soon be embarking on the trip of a lifetime.

Becky, who works at an electronics store in addition to her youth intern duties at Mansfield Bible Church, plans to travel the globe visiting 11 countries, getting to know the people in each

one while spending time with them in mission endeavors. She will be traveling with people from all over America, whom she will get to know as they work together.

Reared in Fort Worth, Becky's family moved to Iowa just before her senior year. Her high school, Grace Preparatory Academy in Arlington, allowed her to transfer her senior-year credits from Iowa so she could return to Arlington to graduate along side the people she had been with her entire high school career.

In the last two years, Becky has served in a youth internship at Mansfield Bible Church. "I have been connected to this church since high school. I love it," Becky said. Along the way, she has had many opportunities to participate in mission trips all over



“I am not worried because I believe if it is meant for me to go, then I’ll go.”

the continental United States including Texas, Indiana and Minnesota. But as time progressed, Becky kept feeling a calling to expand her horizons and look into overseas missions.

When searching out mission opportunities overseas, Becky said, “It came down to one word: Google.” Through her Internet search, Becky found an organization called Adventures in Missions. The organization’s Web site described themselves as an interdenominational missions organization focused on discipleship.



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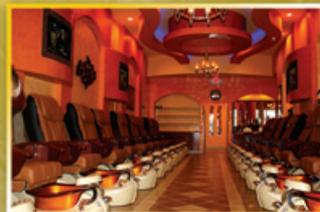
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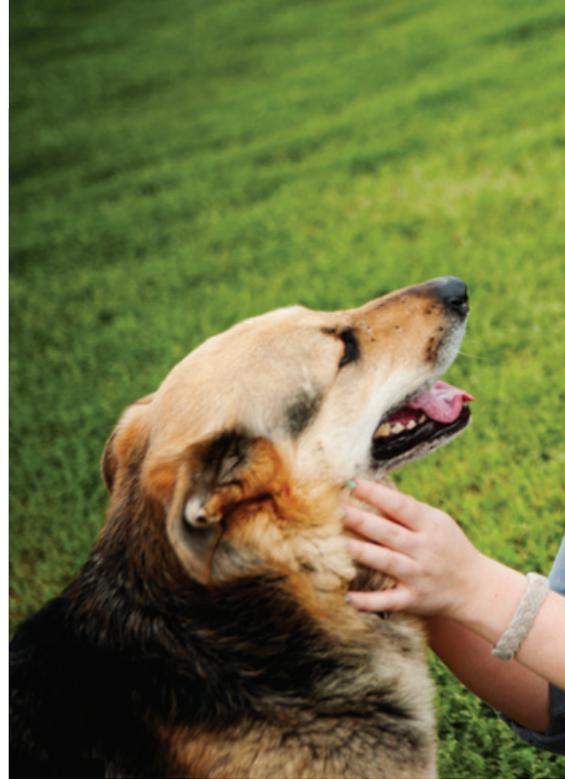
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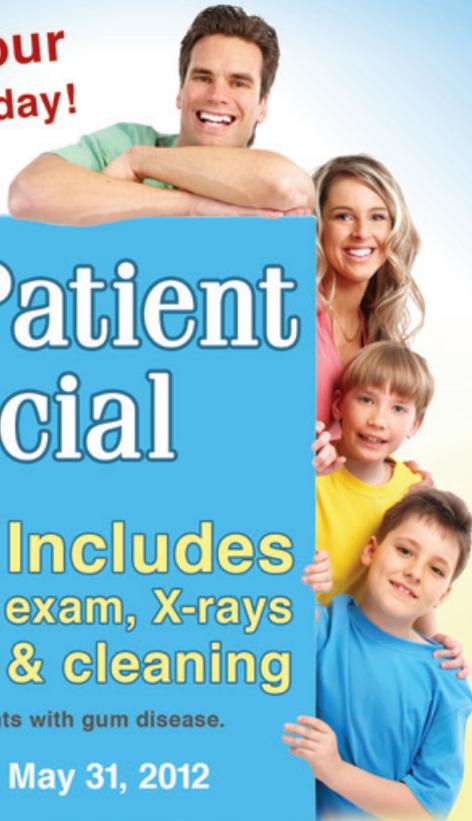
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According to Becky, it's an extensive process. She was subjected to a very thorough background check and a long phone interview with the team leader in Gainesville, Georgia. One day later, they called her back and told her she had been accepted.

She will travel to Georgia this month for rigorous training to prepare for the trip. Becky will meet the rest of her team, and together they will live in tents as they go through various exercises and briefings, all in preparation for the race of a lifetime. "It's not going to be an easy training," she admitted, "but it will be worth it."



Becky and her team will be visiting Latvia, India, Nepal, Thailand, Vietnam, Rwanda, Uganda, Kenya, Cambodia, Lithuania and Estonia. As to what exact tasks she will be assigned, she simply grinned and said, "Anything and everything. Whatever God is calling us to do, we will be ready. That's why we're going."

Each participant is responsible for raising their own funds for the trip. The cost comes to \$15,500. Sixty-five percent of this will actually go to Becky. The rest will go to the Adventures in Mission organization for training, field support, administrative needs and other mission programs within their framework. To raise the necessary funds, Becky has been

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visiting churches, writing solicitation letters and appealing to people on a one-to-one basis. "While I am working hard to earn the necessary funds," Becky shared, "I am not worried because I believe if it is meant for me to go, then I'll go."

Becky is receiving a lot of support from her church and plans to consider it her base of operations throughout the duration of the trip. One couple from the church is even allowing her to live in their home free of charge in order to be able to save every possible penny for the race. In fact, the whole church has been incredible, and the members believe Becky is doing what God has called her to do.

Recently, Becky got confirmation of this calling from a junior high girl who attends her church. "She walked up to me with \$15 she had made selling duct tape wallets and other crafts. She told me she had earned that money to help me on my trip." Becky confessed. "I wanted to cry. That was probably the best donation I ever got."

Becky feels God is calling her to be a career missionary, but has no idea how that's going to pan out. "It's not that America doesn't have problems. It does," she explained. "I just feel called overseas. When people ask me why I feel called to missions, I simply answer 'Why not?'"

She can't wait to meet the rest of the team who will be sharing this incredible journey. In fact, she has already met one of them who took time over spring break to travel to Mansfield and meet her. Most likely, she will meet the rest of the team when training gets under way.

Becky will encounter a variety of cultures, taste a variety of foods and experience traditions that are unheard of by most Americans. Right now, everything is about anticipation, but in just a few more months, the anticipation will be gone, and her dreams of being an overseas missionary will become a reality.

Until she leaves for her extraordinary trip, there are plenty of activities to occupy her time. The youth group at church still requires her attention, as does the blog she keeps on a regular basis. And of course, she spends time in prayer, thinking and reflecting on the journey ahead. The months leading up to the trip, and the trip itself, will be full of challenges and changes. **NOW**

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DOUG AND ANNETTE THOMPSON

— By Carolyn Wills

When Doug and Annette Thompson envisioned their new home, they saw a place for family and friends to share meals from the outside grill, to enjoy sports on flat screen TVs and to relax in a 50,000-gallon, negative-edge swimming pool with two swim-up bars. They pictured seven sets of double doors opening to an enormous back porch floored in Mexican travertine tile and cooled by massive ceiling fans. Beyond the never-ending water and on a lower elevation, they imagined a private area with the perfect s'mores-making fire-pit, piped-in music and glass-tiled pool.

Construction began on their two-story, Tuscan-Mediterranean-style home in August 2010 and, amazingly, by August 2011, the family had moved in. Their stunning 8,200-square-foot, stone and stucco home spans two lots in one of Mansfield's distinctive neighborhoods. "When my parents built their French-style home, my brother bought the house next to theirs," Doug said. "Our property is just a few blocks away, and it's worked out well."

Having built a house when they first moved to Mansfield, the Thompsons are not strangers to the process. "We moved to Mansfield for the

great school district," Annette said. "We lived in that house for 11 years. It's within walking distance of our new home, so it happened that I already knew a lot of our neighbors."

Doug and Annette wanted a family-friendly, entertainment-ready and environmentally-smart home. After three years of research and planning, they were ready for the August 2010 groundbreaking. "The plan was ours from start to finish," Doug said. "We invested a lot of time designing the veranda, swimming pool and entertainment areas based on the sun's path and the property's elevations. From our first experience with construction, we knew



it was important to be prepared, involved and ready to finish and, fortunately, we worked with the right builder and topnotch craftsmen and trades people.”

“We had weekly business meetings with our builder,” Annette said. “Doug has his own company, so he was able to be here every day. It takes a lot of planning, revising and evolving, but if you’re willing to do that, you’ll get it right.”

From every angle of the four-bedroom, six-bathroom home and its remarkable array of detail, the Thompsons clearly got it right. Massive, iron-embellished front doors open to a huge foyer featuring Annette’s dream of double staircases railed with intricate ironwork designed by Doug. “Our initials are actually hidden in the design,” he smiled. “The D and A are so subtle that they need to be pointed out.”

“The girls’ rooms are upstairs,” Annette said. “Both of our daughters are competitive swimmers. Meagan is 17, and, for the last two years, she’s competed at the state level in freestyle for Mansfield High School. Lauren is 13, and, this year, she decided to forgo swimming to play volleyball, tennis and track.” Small alcoves leading into each of the girls’ bedrooms are filled with medals and ribbons earned over their years of competitive swimming. “The girls picked out the colors for their rooms.” Annette added. “Meagan’s room is teal, and Lauren’s is purple, and each has a step-out balcony, walk-in closet and private bathroom.” The girls share the large upstairs common area which is ideal for hanging out with friends, relaxing or working on projects.





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The master bedroom, located downstairs, is decorated in rich colors of black and gold and features a view of the entire veranda, pool and backyard. A double-sided gas fireplace warms both bedroom and bath, and the large bathroom is a showcase of gorgeous mosaic tile.

“We moved very few items from our old house,” Annette said. “I have a degree in fashion merchandising and can

make quick decisions because I know what I like, but this was a big project. Each week, the builder would give me a list and since everything happened in stages, I was able to take one step at a time and listen to everyone’s expertise. A decorator-friend told me to choose the granite first because it is the most expensive investment and to decorate from there. I hired a professional to make the drapes and re-cover some of

the furniture, and she was really helpful.”

The kitchen, breakfast and living room share common areas. When the double doors are open to the veranda, it is tough to distinguish interior space from exterior. A 6-foot, custom-made copper hood makes a dramatic statement in the kitchen, as do beautiful granite countertops and dark alder cabinets. A double-sided fireplace, featuring lava rocks instead of logs, warms both the






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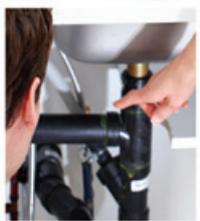
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living area and the unique sports bar. “The barrel ceiling in the living room is inlaid with actual brick,” Doug said. “Each ceiling in the house is a little bit different including tray, vaulted and barrel designs. My office ceiling looks like crocodile skin and pays homage to my father’s career in the leather industry.”

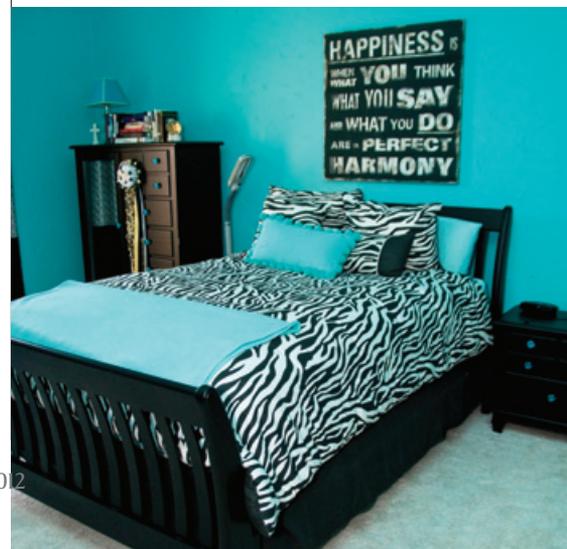
Doug’s favorite room is the media room with plush theater seating and a big movie screen, but most important to the avid alumnus is the row of authentic



Texas Christian University stadium seats. “I also enjoy our sports bar with the beer bottle chandelier and custom-made booth.”

“Doug is the green thumb,” Annette smiled. “He did all of the outside details. He looked for light fixtures for weeks and finally found some that look like old blown glass as if they belong in a home in Tuscany.”

Doug and Annette have been married for 19 years, and, as evidenced by their home, they are a talented and



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creative team. "We're not 'knick-knack' people," Doug smiled. "We like a clean environment. Our house is described as a smart house, which means many of its functions are computer-operated and just about everything can be managed from an iPad. The roof looks like clay tile but is actually solid metal and guaranteed for 50 years. We have a hybrid water system that uses very little water and only heats



what is needed, and our cooling system continually circulates and replenishes fresh air throughout the house."

"We are blessed to have this home, and we enjoy sharing it," Annette said. Since settling in last August, they have hosted two birthday parties, a housewarming for 50 guests, neighborhood Christmas party for 40, New Year's party for 65 and a going away party for 50.

The Thompson's home is truly a work of art and the extraordinary result of planning, experience and involvement. Appropriately, a framed quote on one of their beautifully textured walls says, "Once in a while, right in the middle of an ordinary life, love comes along and brings you a fairy tale." **NOW**

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BOWLED OVER

— By Jeremy Agor

Some of Tennelle Milligan's fondest childhood memories aren't of a favorite toy or a trip. Instead, she relishes the memory of hours spent with her family at a bowling center, which led her to a professional bowling career, stints on the U.S. national team and her current career with the International Bowling Campus Youth Development.

"I come from a bowling family. My parents and older siblings all bowled in leagues, and I wanted to as well. My parents said I could as soon as I could bowl with one hand, so I



spent hours practicing and finally started in a league at age 3," Tennelle said. "I was focused on being better than my brother, who is 12 years older than me, and my sister, who is seven years older. Once I beat them, they went on to other things!"

Tennelle continued to improve and eventually sought coaching from someone other than her father. She also tried out for the Junior Amateur Tour, which featured youth bowlers

“It’s a great sport because you can do it as an individual, but you can also do it as a family.



ages 11 to 22 years from throughout Southern California and Las Vegas who bowled in pro-style tournaments on weekends. The tour prepared young bowlers to get better in the real world in anticipation of a career in college or on the professional tour.

“I won 10 tournaments in a row, and the league director told me I needed to start bowling against the boys, so I did. I never won, but I finished in the top



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five several times and was second four times. During that time, I qualified for the Coca-Cola finals, which featured the top boy and top girl bowlers in each state. I missed my prom to bowl in that tournament,” Tennelle said.

In addition to gaining experience, Tennelle was bowling for scholarship money, which is plentiful for youth bowlers. When she turned 18, she decided she had accomplished all she could in youth bowling and decided to join the adult ranks. She competed locally against professional bowlers and did well enough. She made some cuts and missed others, but she competed in the WIBC Queens tournament as an amateur bowler against professionals and qualified for the televised final, finishing fifth.

“My coach, Jim Lee, wanted me to go out on the professional tour, but I decided not to because I wanted to try out for the national team. He wanted to know why I would pass up the opportunity to bowl professionally, and I told him I didn’t want to have regrets,” Tennelle recalled. “He told me, ‘You can’t buy steak with gold medals.’ But I made the team and competed in a lot of fun events. I went to the Pan American Games in Winnipeg in 1999 and won a gold medal in the team event. After I won, I called [my coach] and he told

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me to come home (he was dying of lymphoma). I skipped my last event to go see him. I made it in time to say good-bye.”

Tennelle turned pro the following year. She qualified for the televised finals in her second tournament and bowled in her first U.S. Open in Phoenix in July. “It’s a grueling format — all about endurance,” she said. “I qualified fourth for the finals, and I could feel Jim’s presence. He used to do this thing where he’d come up and blow quickly on the back of my neck, and after I made the finals, all of a sudden I felt this blow on the back of my neck, and I knew it was him. The next day, my ball rep, Chad Murphy, was talking to me before my match, and he said, ‘Your ball reaction’s



not good. You’re going to have to out-bowl them.’ So I did, and I won the U.S. Open as a rookie. Later that year, I won another major, called the Player’s Championship, and I got married to Jason that December. It was a fantastic year.”

Tennelle had finger surgery in 2001 and didn’t bowl well in 2001 or 2002. In 2003, the women’s professional tour folded, and she had to wait three years to regain her amateur status and return to Team USA. Right before she became an amateur again, she won the Queens in 2005 to complete the Triple Crown (winning all three major tournaments) — something only about five women

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have ever done. She re-earned her spot on Team USA from 2006-11, but she didn't get selected in 2012 and decided not to try out. "I chose a family vacation with Jason and our daughter, Abby, instead. I find that more valuable," she said.

She and Jason had moved to Texas in 2009 when he got his dream job with the United States Bowling Congress. She found out she was pregnant soon after the move, and Abby was born in July. In 2010, Tennelle took a job with the Bowling Proprietors Association of America, filling orders for the organization's Bowlopolis program. She is now brand manager for the program, which is for children aged 7 years and older to keep bowling fun. A zany cartoon kingpin grabs attention through games and educational pieces, and whenever children are in a bowling center and see the kingpin, they know it is a place they can have fun.

Tennelle is helping Chad, who is now the managing director of the International Bowling Congress Youth Development, with a youth model, based on Little League Baseball, to help children learn to bowl more efficiently. Instead of the traditional model, where children go to their league, bowl three games and are finished, children are on teams of four and have practices with a coach. The season is just eight weeks long, but the results are encouraging.

As a volunteer coach, Tennelle has seen her teams blossom and have fun. The program has grown from three teams last year to 10 this year. "I've never seen kids have more fun while they learn, and their parents appreciate that also. This program just started last year, so it's still kind of in the testing phases, but it's catching on. Bowling is the second-fastest growing sport in the U.S. behind lacrosse, and there are lots of opportunities to compete in high school and college," Tennelle said.

"It's a great sport because you can do it as an individual, but you can also do it as a family. The image has changed from smoky bowling alleys with people drinking beer to something more 'boutique' that is fun and family-friendly," she said. "By taking care of kids, I'm giving back to the people who took care of me. I want kids to have the opportunities I did." **NOW**

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Out of this world

— By Cindy Malone

Space was not the final frontier, but it has become the beginning of a lifetime of wonder and scientific discovery for the fifth and sixth graders of Asa Low Intermediate School in Mansfield. Thanks to their fearless captain, Patricia Londono, a sixth-grade science teacher, each student was lucky enough to experience something not many people in the world ever get to experience. They traveled with astronauts into space.



Patricia has been teaching for seven years, three at Asa Low. Before that, she worked in aviation ordinance and maintenance for the Navy, where she met her husband, JC. They were both heavily involved in the color guard, the group of soldiers who carry flags and fire volleys at the funerals of fallen soldiers.

Perhaps from that same sense of duty, Patricia believes she should use her role as a teacher, not simply to pass on information to students, but to truly enrich their lives and teach them to have a genuine love of learning. Sixth-grade science contains units that cover everything from earth science to biology. Patricia found a passion during a unit on space and has dedicated much of her time and energy to making that unit extraordinary. Patricia said, "I don't have any desire to actually go to space, I am just fascinated by it, and so are the kids!"

Each year in May, the sixth graders go on a field trip to Houston where they get the VIP treatment at NASA. They get to observe a neutral buoyancy lab, which allows them to learn how things act in a weightless environment. They watch astronauts train in a 6-million-gallon swimming pool. After staying one night, they get to explore the space center on a tram. Maybe it was the field trip that first year, maybe it was the look of wonder and excitement on the faces of the kids, but Patricia began to think of

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ways to make space even more exciting for her students.

This past January saw many of Patricia's visions for the space unit come true. Asa Low was renamed NASA Low for the entire month. That renaming included a proclamation from the school board, and the addition of a huge "N" to the front of the building. This was done as fulfillment of a promise Patricia made while applying for the select honor of participating in a "downlink" from astronauts at the space station to students around the district. "In 2009, I heard about a program where a teacher could write a proposal asking for a time slot when the astronauts would downlink (since they are above us), and we could



all chat live with them while they were actually in space," Patricia explained. "The proposal is over seven pages long and must include the activities you are going to do before and after the downlink, as well as how the community will be encouraged to be involved." After two years, in July 2011, Patricia received word that her proposal was selected.

Asa Low earning the 20-minute time slot was not the end of the process, but very much the beginning. Luckily, Patricia had begun to prepare in 2010 by attending

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training in Houston, which certified her to be able to borrow moon rocks and meteorite samples. Once she borrows them, she has to be within reach of the rocks at all moments. If they are displayed, she has to be standing with them, along with an armed government official who may be present for extra protection. "At our space night, with the families of our students," Patricia recalled, "there were so many fun activities going on all around me, but I had to be standing by the moon rocks. I was a bit disappointed, but it was an exciting time."



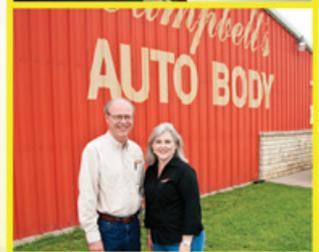
Space night was a time when all local families and students were invited to the school for space-related activities and family fun. Arts, crafts and telescopes were set up — outside, as well as a live video conference with NASA educators who helped them build kendamas, a traditional Japanese toy that involves getting a ball on a string into a cone. Then the kids got to see a recording of real astronauts trying to play with one in a zero gravity atmosphere. The guests were able to see a real space suit and have their pictures taken "in" the suit itself. "That was



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really the biggest hit with the students," Patricia said.

During class, Patricia's students designed their own mission patches just like the astronauts do before each shuttle mission. The winning design was put on a T-shirt that each child received. The children also got a special delivery — a box of toys. "I allowed the kids 45 minutes of free play time with the toys," she explained. "They could play with them any way they wanted to. Then we watched a NASA video called Toys in Space, where the astronauts were playing with those exact toys. The kids loved it!"

After all of the lessons, work and excitement leading up to it, the big day finally arrived. On January 31, all of NASA Low's students and teachers, along with some other faculty and district employees, and a volunteer group of dads, The Dad's Club, who acted as crossing guards and safety keepers, filed into Willie Pigg Auditorium. There, for 20 minutes, the kids were in space with the astronauts — live. Twenty lucky students who had submitted questions, and had them preapproved, were allowed to come to the front and speak directly to the astronauts. "It was an amazing, almost surreal experience for most of the people there, especially the kids," Patricia beamed. "The students were perfect, well-behaved and attentive."

The downlink itself was not easy, but the Mansfield Independent School District technology department, along with Mouser Electronics, which donated the huge satellite required for the link up, made the whole process go smoothly. NASA sent an e-mail not long after complimenting the students on their behavior and questions, a "real source of extreme pride," for Patricia.

Although Asa Low is not able to do the downlink each year, the activities and excitement that comes along with Space Month will never completely go away. The school will continue to take sixth graders to Houston each year to visit NASA. They will continue space night, and Patricia will continue to borrow the moon rock and meteorite samples. "I am not sure what makes space so amazing. But as long as the kids have a desire to learn about it and are willing to commit to all the hard work, we will continue to help them in their quest to explore it. **NOW**

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— By Rick Hope

“Never give up until it’s over.”

“You got to keep getting up every time you’re knocked down.”

“Make every second count.”

For Marco Vasquez, these lessons do not just work in boxing. They also work in life. And right now, both seem to be going extremely well for him.

Marco is a student at Mansfield High School. He likes playing football and hanging out with his friends. He could graduate early in 2013, but has decided to stay with his class and take college level advanced placement courses instead before his 2014 graduation. He excels at math and science and is an A/B student. “When it comes to academics,” he readily admitted, “I like to be challenged.” But Marco’s real passion is boxing.

Marco is the 2012 Silver Gloves champion for the USA Boxing region that includes Mansfield. However, that isn’t his first boxing award. He has also won a Golden Gloves title and a Junior Olympic title even though his competitive career has been relatively short. He started boxing early in life when he went to watch his dad, also named Marco, work out at the gym. (Marco Sr. once competed in boxing on both the amateur and professional circuits). “I started working out at the gym when I was 4 or 5, and I caught on to it pretty quick,” Marco said.

With his father as his trainer, Marco started boxing competitively about two years ago. It all began with a small





tournament in Dallas, which was not an easy start. "When I first got started, I got beat up pretty bad," he admitted. "I lost my first two matches." But with the help and encouragement of his father, Marco recovered quickly and learned from his mistakes. In fact, he made sure he didn't repeat them. "After that, I started winning, and I haven't lost a match since," he stated.

Marco lost his first match to a young man named Cesar Zaragoza, and they remain rivals to this day. They still spar occasionally.

In fact, they have seen each other at tournaments, but they have not competed since the last time

Marco lost a match to him. Marco admitted

he's hoping one day they will meet again

competitively in the boxing ring. "I really want a rematch," he said with a smile.

Looking

back on an already successful career, Marco again related there are life lessons to be learned in the sport. "It requires a lot of strategy and thinking," Marco explained. "It also teaches you both mental and physical

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discipline. And because of the time limit, you also learn a lot about time management.”

One look at Marco’s training schedule definitely shows he is learning how to manage time properly. Marco and his father get to the gym around 6:00 p.m. every Tuesday through Friday. The very first thing required each and every day of his training is a three-and-a-half mile run. From there, it’s three rounds of shadow boxing. This is the commonly seen practice in which the boxer spars with his own shadow. From there, it’s six rounds on the heavy bag.

After that, Marco completes four rounds on what is called a “double-end bag,” a bag attached by a rope to both the floor and ceiling. Next, the elder Marco takes his son through three rounds of mitts. The trainer holds focus mitts, and the boxer works a variety of combination punches and strategies. Then, it’s over to the speed bag for three rounds.

Ending the night means jumping rope for 10 minutes

nonstop. Keep in mind that Marco does this training four days a week, and then comes home around 9:00 p.m. to start homework. Although it can be a challenge, he manages to pull an A/B average in his college preparatory classes.



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On top of all that, Marco is competing in boxing matches seven to 10 weekends a year.

Marco enjoys boxing so much he hopes to turn it into a career. In fact, he would love to compete in the 2016 Olympics, but he plans on turning pro before then at the age of 18 or 19. He admires some heroes in the professional boxing arena for different reasons. They include such boxing icons as Oscar De La Hoya, Robert Guerrero and Roy Jones Jr.



However, Marco's family helps keep him grounded in the present while encouraging his dreams at the same time. Through their encouragement, Marco will likely attend Texas Christian University and major in architecture. "It's a good career to fall back on," he said with a grin.

Marco Sr. likes that his son is going into architecture. "Unless you turn pro, boxing does not bring in a whole lot of



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money," he confessed. However, he feels his son has strong potential for a career in the sport of boxing. "Ever since he was a very young child, we could see the potential. And we weren't the only ones. Others could see he had talent," Marco Sr. said.

Marco Sr. has trained his son from the start, and he has learned how to separate the roles of trainer and father. "I would love to see him go to the Olympics before he turns professional. And I definitely want to see him finish college," he shared. "But he can make his own decisions, and we will support him in whatever choice he makes."

Young Marco likes having his father for a trainer. "It's actually fun," he said. "He is not just some random coach. I know him personally, and we understand each other. I think it helps our relationship. We talk about boxing and boxing matches all the time. And we hang out a lot."

Often, teenagers are characterized as having no direction and no motivation. Sometimes, people look at a group of teenagers hanging out at the mall and worry about the future. But then those same people come in contact with a young man like Marco. They see the self-discipline and tenacity with which he takes on not only the sport of boxing, but also his academics. They can see the promise of a bright future regardless of what direction he chooses to take. After all, Marco does know what to do when he gets knocked down: "You keep getting up!" **NOW**

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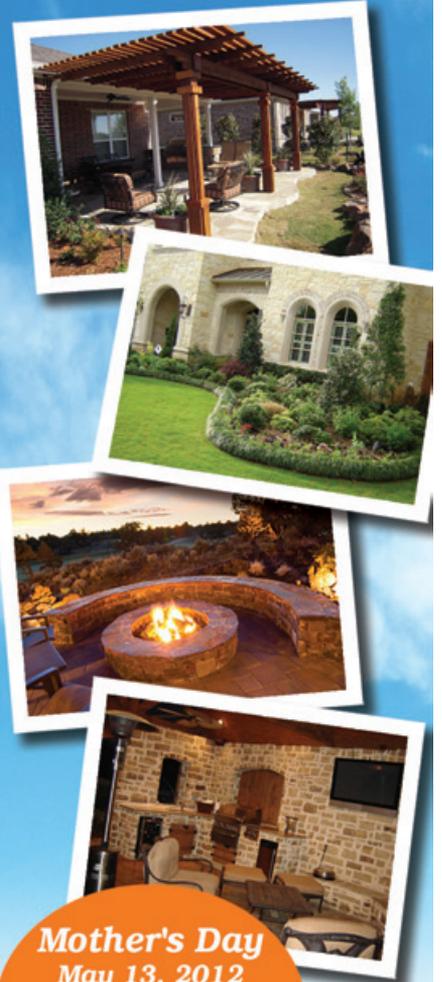
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Dr. Anjani Amin

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Monday - Wednesday: 8:00 a.m. - 5:00 p.m.
Thursday: 7:00 a.m. - 12:00 p.m.
Friday: 8:00 a.m. - 5:00 p.m.



Dr. Anjani Amin and her staff are committed to treating patients as members of their family.



An Emphasis on Family

Dr. Anjani Amin brings the concept of family into her practice, both with her staff and her patients.

— By *Jeremy Agor*

Dr. Anjani Amin practices family medicine, and she is proud of the fact that everyone who comes to her office leaves feeling they have been treated as members of the family.

“I chose family medicine because you can truly follow a patient from birth to death. You see them through many stages and almost become their family member instead of just their doctor,” she explained. “There is a loyalty to doctors in this community that you don’t always see. You build trust, and people recognize the importance and benefits of a family doctor versus being seen without any follow-up.” Dr. Amin decided on medicine as a profession after volunteering at a hospital during high school. She enjoyed working with people who came to the

hospital sick and went home healthy. She also found herself funneled toward the profession because she was good in math and science. “I have an innate, caring, comforting nature, and people thought I would make a good medical provider. I grew up in a culture that values education and was pushed toward medicine. I minored in French in college, and I speak several languages. I was either going to be a translator or practice medicine, and I gravitated toward the medical field,” she said.

She earned a bachelor’s degree from The University of Texas at Austin, and then spent her first two years of medical school in the Caribbean. Her third year was spent in London and her fourth year in Georgia and Ohio. Her experiences studying in

different countries and cultures have helped her in her current practice.

“I have a different perspective on how to treat patients of different cultures in a way that is respectful of their culture. I have learned how to treat the same symptoms in different ways to make sure that they are comfortable,” she explained.

Dr. Amin started practicing medicine in Ohio and was settled, but when her father became ill, she moved back to Texas where she had grown up, to help care for him. She has now been in the Mansfield/South Arlington area for five years and in her current location for about one-and-a-half years. This is just another example of the importance Dr. Amin places on family, whether it is a direct relative or one of her patients.

Her dedication to family also shows in her relationship with her office staff. “We are a family in the office as well. My staff sees it as a responsibility to come

“The number one comment we get is that we really care about them.”

in to work and help the patients, their extended family. Our patients feel like we really care, and they get better and feel better. The number one comment we get is that we really care about them.”

Dr. Amin considers herself fortunate that her staff took the leap of faith to join her as she started her new practice. They are special because they care about each other, they care about her and they care about patients. Also with the new practice came a new opportunity to integrate technology into the office and a period of dealing with the adjustments that caused.

“Things have evolved in medicine. We’ve had to adjust how we run our practice, but we haven’t let that change how we practice family medicine. We adapt, but we stay true to the essence of family medicine.” **NOW**

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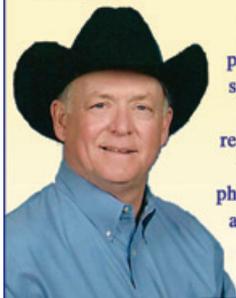
Loss of libido can also be caused by physical factors such as hypothyroidism.

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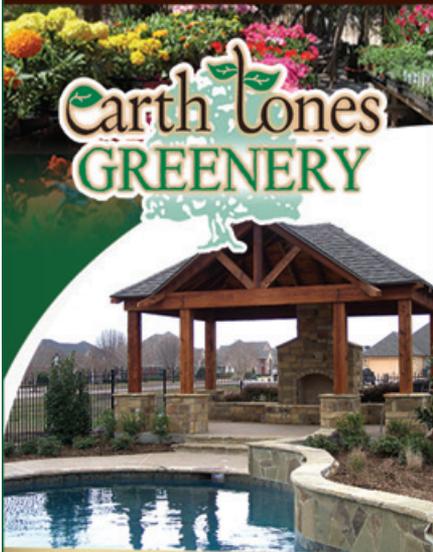
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Lauren Medean and Chelsea Reed shop for vintage hats at the Antique Mall of Mansfield.



Jordan Smithee-Hollis and Kaylen Fulton enjoy an afternoon at the Serenity Park playground.



Lucy Lee measures for alterations on Austin Dent's new blue jeans at Lucy's Alterations.



The Saturday karate class at Troy Dorsey's Karate and Fitness Kickboxing poses for a picture between training sessions.



Cameron Miller happily plays with his grandpa's dog, Boscoe.

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Pediatrics

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Good Night

— By Betty Tryon, BSN

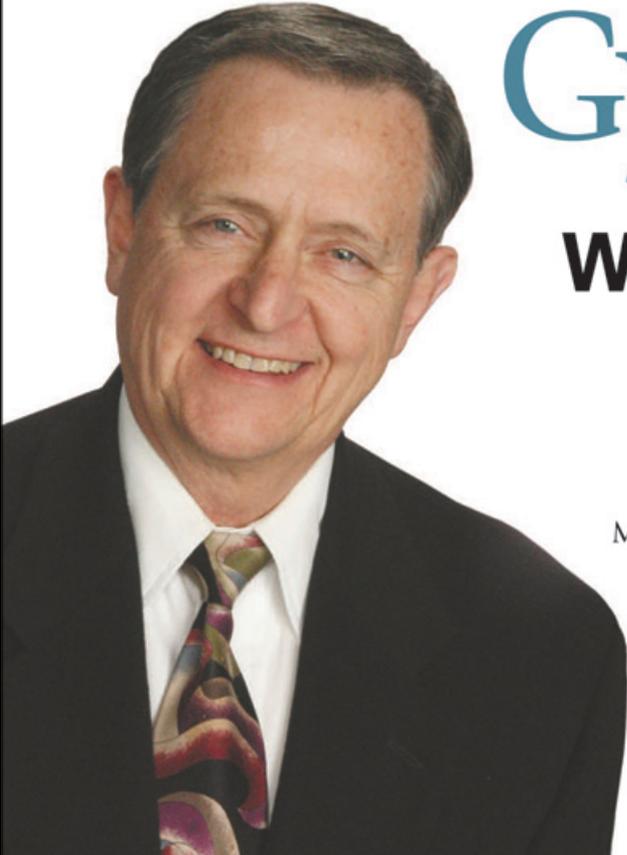
You have been here before, and the familiarity is depressingly tiresome. After a long day, you climb into bed needing a good night of restorative sleep. Instead, you get hour after hour of watching time pass on the clock, or the sleep you do receive is short and sketchy. You may have insomnia. Insomnia is difficulty getting to sleep or difficulty being able to stay asleep.

Numerous causes for insomnia can be found. Perhaps it could be from something as easily diagnosed as not being able to unwind because of a stressful day, being physically uncomfortable because of room temperature, too much noise, being hungry or too full or due to illness. Anything stimulating before bedtime, such as: some illegal drugs, cigarette smoking, alcohol intake, coffee drinking or exercise may hinder your chances of falling immediately to sleep. Because of physical ailments, certain medications may interfere with your sleep pattern. Your mattress may not be conducive to a good night's sleep. Medical conditions, such as: breathing problems, obesity, fibromyalgia, menopause and urinary problems can be killers of a good night's sleep.

Whatever the reason, insomnia can take a toll on your life with impaired function of your everyday activities. Inattentiveness and drowsiness with physical and mental fatigue can create problems at school, work and certainly while operating a vehicle. There

are things you can do to alleviate or abate insomnia. If the cause is from a physical condition then efforts to ease that condition may solve the problem. If the cause is mechanical, such as a poor mattress, changing it may help. Avoid caffeine and nicotine in the evening. Sometimes a glass of warm milk helps. Try to go to bed at the same time every night and get up at the same time in the morning. Though it may be tempting to oversleep on weekends, doing so could disrupt your sleep pattern. Keep your strenuous exercise earlier in the day. Make your bedroom a comfortable cozy place to be. Try eating your heaviest meal at midday rather than in the evening. Sometimes, just a warm, relaxing bath could be just the ticket to take you to dreamland. If medication is warranted, follow your physician's instructions, and do not fall into the trap of increasing the medication to fall asleep quicker or stay asleep longer. Perhaps a different type of sleep medication may solve the problem. An estimated 30 to 50 percent of the population suffers from insomnia. You can do something other than counting sheep to avoid being part of this statistic. **NOW**

This article is for general information only and does not constitute medical advice. Consult with your physician if you have questions regarding this topic.



Gynecology

William Perryman, M.D.

With over 30 years of experience, Dr. Perryman has received several medical awards and recognitions including, Outstanding Instructor by School of Nursing at University of Texas Arlington, and Chairman of the Division of Obstetrics and Gynecology, and Chief of the Medical Staff at Huguley. While focusing on his Gynecology practice, Dr. Perryman cares for women of all ages.



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This Mother's Day, Think of Lifetime Financial Moves to Help Kids

If you're a mother, you'll probably get some nice cards and flowers on Mother's Day. But of course, your greatest gifts are your children themselves. And since you want to see them happy and financially secure, perhaps you can use this Mother's Day as an opportunity to consider ways to help your children at various stages of their lives.

So, let's take a look at steps you can take:

When Your Children Are Young

- Teach them to be savers —

Encourage young children to put away part of their allowance, or any money they receive for household jobs, in a savings account. Offer to match their contributions dollar for dollar.

- Help them become investors —

Consider giving your children a few shares of stock in companies with which they are familiar. By following the movements of their stocks with them, you can explain how the markets work and how increasing share ownership is one key to helping build wealth.

- Contribute to a college savings plan

— One of the best things you can do to boost your children's chances of success in life is to help them go to college.

You've got several good college-savings vehicles available, such as 529 plans, Coverdell Education Savings Accounts and custodial accounts. Your financial advisor can help you choose the vehicle that suits your needs and objectives.

- Maintain adequate life insurance —

When it was just you, it was a good idea to have life insurance — but now that you have a child, it's an absolute necessity.

When Your Children Enter the Working World

• Encourage IRA contributions — An Individual Retirement Account (IRA) is a great retirement savings vehicle.

As long as your children have earned income, they can contribute to an IRA, so you may want to help them "max out"

on their contributions each year. While you can't directly contribute to a child's IRA, you can write a check to your child and encourage him or her to use it for funding an IRA.

• Make long-term care arrangements — If you needed long-term care, such as an extended nursing home stay, and you had inadequate financial preparations, the burden could fall on your children. Now is the time to consult with your financial advisor to begin preparing for possible long-term care costs.

When Your Children Reach Middle Age

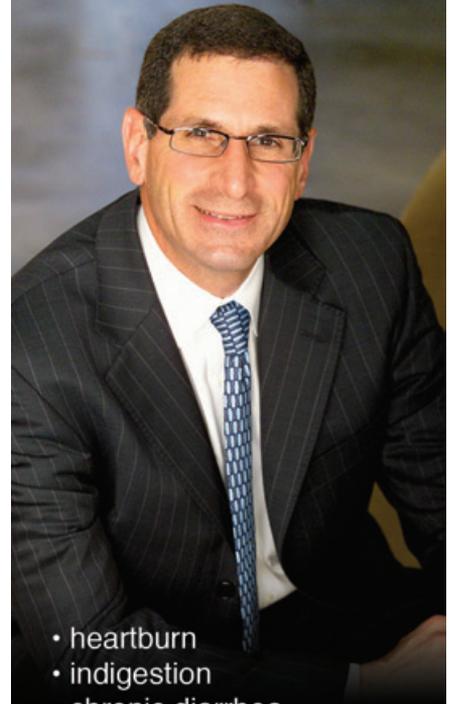
• Communicate your financial situation and estate plans — Don't leave adult children in the dark as to your financial information. Share everything you can about how much you own, where you keep your assets and how you plan to eventually distribute them. By clearly communicating your situation and wishes now, you can avoid major problems later.

• Create a durable power of attorney — By creating a durable power of attorney, you can appoint another person, such as an adult child, to conduct your business and financial affairs if you become physically or mentally incapacitated. Such a move can help reduce stress your children may be feeling, while allowing them to make moves that can help preserve your finances.

Mother's Day commemorates the special bond that mothers have with their children. By following the above suggestions, you can help strengthen that bond throughout your lifetime. **NOW**

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor. Todd Simmons is an Edward Jones representative based in Mansfield.

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May 5

Men's Breakfast: 7:00-8:30 a.m. in The Link at Mansfield Bible Church, 2351 Country Club Dr. Eat a hearty breakfast and hear a men's message to help you grow spiritually. No charge. To learn more about MBC, visit www.MBCchurch.com or call (817) 473-8980.

North Texas Gospel Grass: 8:30-9:30 a.m.: free breakfast; 10:00 a.m.: music by Full Quiver, The Herrins, The Powell Family, Grandpa's Neighbors, Bost Family Traditions, Copper Canyon and Grass Notes at Harmony Baptist Church, 242 Harmony Rd., Weatherford. www.gospelgrass.com or (817) 901-7100.

Design Your World Conference celebrating 100 years of Girl Scouts: 10:00 a.m.-3:00 p.m., The University of Texas at Arlington, College of Engineering, Nedderman Hall, 416 S. Yates St.

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May 12

General election for three City Council positions and a special election concerning the adoption of the firefighters' and police officers' civil service law for the Mansfield Fire Department. Visit www.mansfield-tx.gov/departments/secretary/elections.

May 22

Mansfield ISD School Board meeting: 7:00 p.m., 605 E. Broad Street. See agendas at <http://mansfieldpublic.novusagenda.com>. Call Julie Moye at (817) 299-6382.

May 26

Combat Veterans Motorcycle Association (CVMA) Chapter 23-6 inaugural fundraiser: 12:00-6:00 p.m., Fat Daddy's, 781 W. Debbie Lane. Proceeds benefit Texas homeless veterans and veteran support programs. Live music by Scotty Thurman and Ashley Bradberry, vendors, live/silent auctions, ride-in motorcycle contests, food, motorcycle

wash and veteran-themed displays. Contact Brad Berglund at bergie.cvma@yahoo.com.

May 31

Last day of school for Mansfield ISD.

June 2

Annual Pancake Breakfast Fly-in: 8:00-11:00 a.m., Mid-Way Regional Airport, off Hwy. 287 between Midlothian and Waxahachie. Breakfast tickets: ages 8 and above/\$6; ages 3-7/\$3; children 2 and under/free. Event and parking are free. Contact Tammy Bowen at (972) 923-0080.

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Submissions are welcome and published as space allows. Send your event details to jeremy.agor@nowmagazines.com.

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In The Kitchen With Susie Zillman

— *By Jeremy Agor*

Susie Zillman finds it relaxing to throw fresh ingredients together to create a healthy, delicious meal for her family. “When I was married in 1999, I began experimenting with cooking. My husband, Chandler, is an adventurous diner, so I could cook anything, and he was willing to try it. He encouraged me to go for it and try any recipe that was intriguing,” Susie said.

Susie likes ethnic cooking, making Hawaiian, Chinese and Thai recipes most often. “Half of my family is Hawaiian, and I love making Hawaiian recipes,” she explained. “Most of all, I love cooking for Chandler and our daughter, Malia, who is two-and-a-half years old. It gives me great joy to hear my daughter say ‘Thanks for dinner, Mom. That was good.’” **NOW**

Linguine with Macadamia Pesto Sauce

- 2 cloves garlic, peeled
- 1 tsp. salt
- 2 cups tightly packed fresh basil leaves
- 2 Tbsp. macadamia nuts, finely chopped
- 1/2 cup olive oil
- 1/2 cup Parmesan cheese, freshly grated
- 4 Tbsp. butter, softened
- 1 lb. linguine, cooked al dente
- 2 Tbsp. reserved cooking water from pasta

1. Combine garlic, salt, basil, macadamia nuts and olive oil in blender or food

processor until smooth.

2. Add cheese and butter; process just enough to combine all ingredients.
3. Thin sauce with reserved cooking liquid. Process briefly.
4. Put pesto into a large bowl
5. Add pasta and toss well.

Chicken Salad with Ginger Dressing

- Dressing:**
- 1/3 cup vegetable oil
 - 1/4 cup white wine vinegar
 - 1 Tbsp. sugar
 - 2 tsp. soy sauce

- 1/2 tsp. pepper
- 1/2 tsp. ground ginger
- 1/4 tsp. salt

Salad:

- 4 cups lettuce
- 3 cups cooked chicken, diced
- 1 large carrot, shredded
- 4 green onions, sliced
- 1 Tbsp. sesame seeds, toasted
- 1/4 cup chopped cilantro

1. Shake all dressing ingredients together in a tightly closed container. Refrigerate at least 2 hours before serving.
2. Toss lettuce, chicken, carrot and green onions in a large bowl.
3. Add ginger dressing and toss again.
4. Top with sesame seeds and cilantro. Serve at once.

Baby Back Pork Ribs

- 5 lbs. baby back pork ribs
- 1/2 cup soy sauce
- 1/2 cup ketchup
- 1/2 cup brown sugar
- 3 Tbsp. honey
- 1 tsp. grated ginger root
- 1 tsp. minced garlic
- 1/2 tsp. salt
- 1/2 tsp. pepper

1. Parboil ribs over medium heat 20 minutes. Rinse in colander.
2. Combine soy sauce, ketchup, brown sugar, honey, ginger, garlic, salt, and pepper to make marinade.
3. Marinate ribs for 1 hour.
4. Preheat grill.
5. Grill on high heat until browned

Hoisin Marinade for Chicken or Beef

- 6 Tbsp. soy sauce
 - 1/4 cup hoisin sauce
 - 1/4 cup dry sherry or rice wine
 - 2 Tbsp. sugar
 - 6 cloves garlic, minced
 - 2 tsp. crushed red pepper flakes
 - 1 Tbsp. olive oil
- Chicken or Beef**

1. Combine ingredients in medium-sized bowl.
2. Add chicken or beef.
3. Toss to coat well.
4. Cover and refrigerate. Marinate 4 hours or overnight.
5. Grill and enjoy.

Happy Mother's Day

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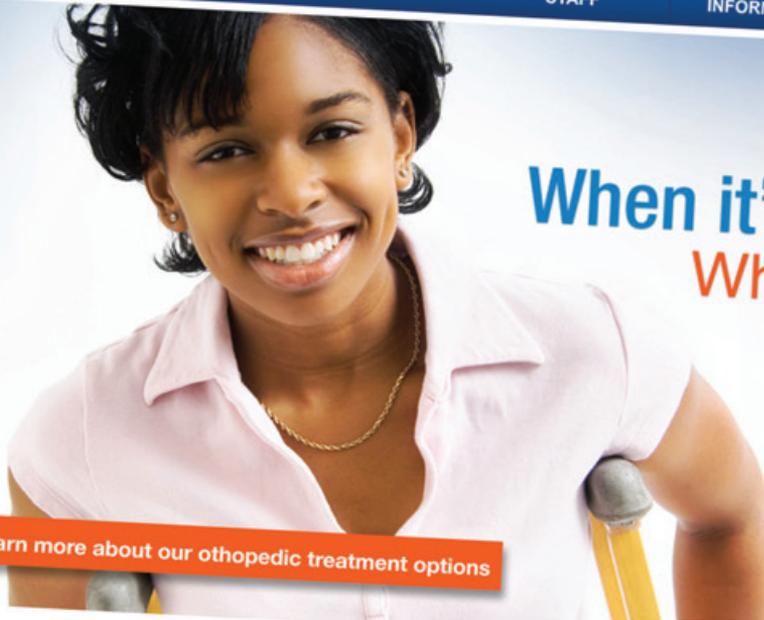
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